

Sunday, April 20, 2025

Lane & Leisure

Date and Time: Sunday, April 20 9:00 am - 10:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, April 20 11:00 am - 12:50 pm

Address: 40 Mundy Pond Road

Lane Swim

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Everyone Welcome Swim

Date and Time: Sunday, April 20 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

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Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, April 20 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

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Lane & Leisure

Date and Time: Sunday, April 20 4:00 pm - 4:50 pm

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Everyone Welcome Swim

Date and Time: Sunday, April 20 5:00 pm - 5:50 pm

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Lane & Leisure

Date and Time: Sunday, April 20 6:00 pm - 7:20 pm

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Monday, April 21, 2025

Lane & Leisure

Date and Time: Monday, April 21 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

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Aquatic Fitness

Date and Time: Monday, April 21 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Lane & Leisure

Date and Time: Monday, April 21 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

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Adults in Motion

Date and Time: Monday, April 21 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Lane & Leisure

Date and Time: Monday, April 21 3:30 pm - 4:50 pm

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Lane & Leisure

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Body Conditioning

Date and Time: Monday, April 21 6:30 pm - 7:20 pm

Address: 40 Mundy Pond Road

A total conditioning class designed to challenge each participant's major muscles groups using a combination of equipment and effective body weight exercises. Participants at all fitness levels are welcome. Please note that pre-registration is required if you plan to attend Body Conditioning class at the Southlands Community Centre. All other centres are drop-in for this program.

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Tuesday, April 22, 2025

Lane & Leisure

Date and Time: Tuesday, April 22 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. Please note that all lanes may not be available due to rentals.

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Aquatic Fitness

Date and Time: Tuesday, April 22 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Lane & Leisure

Date and Time: Tuesday, April 22 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

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Shallow End Only - Everyone Welcome Swim

Date and Time: Tuesday, April 22 6:00 pm - 6:50 pm

Address: 40 Mundy Pond Road

Shallow End Only - Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16 + year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs (PRCC only) and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead. * **Please note only the shallow end of the pool is available due to a rental**

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Wednesday, April 23, 2025

Lane & Leisure

Date and Time: Wednesday, April 23 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

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Aquatic Fitness

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Lane & Leisure

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Core Balance

Date and Time: Wednesday, April 23 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

Lane & Leisure

Date and Time: Wednesday, April 23 5:00 pm - 5:50 pm

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Thursday, April 24, 2025

Lane & Leisure

Date and Time: Thursday, April 24 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

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Aquatic Fitness

Date and Time: Thursday, April 24 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Lane & Leisure

Date and Time: Thursday, April 24 10:00 am - 1:50 pm

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Lane & Leisure

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Shallow End Only - Everyone Welcome Swim

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Friday, April 25, 2025

Lane & Leisure

Date and Time: Friday, April 25 7:30 am - 8:50 am

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Aquatic Fitness

Date and Time: Friday, April 25 9:00 am - 9:50 am

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Lane & Leisure

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Date and Time: Friday, April 25 11:00 am - 11:50 am

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Everyone Welcome Swim

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Saturday, April 26, 2025

Lane & Leisure

Date and Time: Saturday, April 26 9:00 am - 10:20 am

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Everyone Welcome Swim

Date and Time: Saturday, April 26 10:30 am - 11:50 am

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Lane & Leisure

Date and Time: Saturday, April 26 12:00 pm - 12:50 pm

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Everyone Welcome Swim

Date and Time: Saturday, April 26 1:00 pm - 1:50 pm

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Everyone Welcome Swim

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Lane & Leisure

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<https://calendar.stjohns.ca>